

Salves

Salves, in a nut shell, are, by definition, merely something rubbed on the skin. If you cover it, it becomes a poultice. The following are some sample salves that are included in my forthcoming non-fiction book titled *Home Remedies, Poultices, Salve, & Tinctures*.

Aches and Pains - Camphorated Oil Liniment

Treatments:

Addresses minor aches and pains, sprains, bruises, rheumatic or gouty problems of the joints, and other local pain or glandular swellings.

Ingredients:

1 oz Camphor USP
4 fl. oz Olive Oil

Instructions:

1. Dissolve the camphor in the oil.

Dosage:

Rub on sore muscles and joints as needed.

Notes:

Check skin for sensitivity/allergens to camphor before full use of this liniment.

Cold and Flu - Lung Fever

Treatments:

Used for colds and pneumonia

Ingredients:

12oz Unsalted Lard
2 oz Camphor
3 oz Beeswax
3 oz Rosin (powdered)
2 t Raw Linseed Oil
20 ml Turpentine

Instructions:

1. Heat the salt, lard, camphor, beeswax, and rosin in a double boiler.
2. Remove from heat, then add the linseed oil and turpentine.
3. Let cool then bottle as it will store for years.

Dosage:

Rub on chest and back as needed.

Comfrey Gel

Treatments:

For burns and abrasions for pets and people.

Ingredients:

1 C Freshly Chopped Comfrey Root

1 C Water

Instructions:

1. Simmer for 20 minutes.
2. Let cool, then strain through a coarse sieve.

NOTE: You can use the resulting gel immediately or roll in to small balls and freeze for future use.

Dosage:

Rub gel onto injured area on a regular basis until condition improves.

Vapor Rub

Treatments:

Congestion

Ingredients:

1/4- teaspoon eucalyptus essential oil

1/8- teaspoon peppermint essential oil

1/8-teaspoon thyme essential oil

1/4- cup olive oil

Instructions:

Combine ingredients in a glass bottle. Shake well to mix oils evenly.

Dosage:

Gently massage into chest and throat.

Tiger Balm

Treatments:

General soreness, aches, and pains.

Ingredients:

1 oz Cayenne Infused Oil
3 oz Goldenrod (or Arnica) Infused Oil
3/4 oz Beeswax
20 drops White Camphor Essential Oil
20 drops Cinnamon Leaf Essential Oil
20 drops Rosemary Essential Oils
30 drops Clary Sage Essential Oil
10 drops Sweet Birch Essential Oil

Instructions:

1. Melt beeswax, add infused oils and stir well.
2. Let cool for a bit before adding essential oils.
3. Mix well and pour into clean, sterilized container.

Dosage:

Rub into aching muscles, joints.

Notes:

Be careful not to use near body orifices or on open skin.

Insomnia / Relaxation Formula

Treatments:

Insomnia, sleeplessness

2- tablespoons Valerian
2-tablespoons yarrow
2-tablespoons lavender
3-tablespoons spearmint
3-tablespoons cat nip

Instructions:

1. Mix ingredients together, put in a jar and label accordingly.

Dosage:

1 T per cup of hot water. Let steep for 15 minutes, strain through cloth and drink.